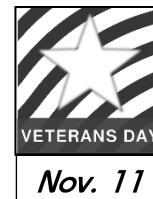




# Living Well Together

A Newsletter of the Georgetown Council on Aging



Volume 23/Issue 5

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

November 2021

Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes:** Although today feels more like summer than fall, the changing leaves & early sunsets remind us that the holidays will soon be here. Celebrated in October, this was the weather that we enjoyed with our Canadian Thanksgivings. On Thanksgiving Sunday, the front of the church was decorated with chrysanthemums, haybales, cornstalks, pumpkins & fruit. Families filled pews and favorite hymns rang out with special musicians joining the organist. Dinner at my grandparents followed church. As I think about it, I am amazed at what she cooked in her little kitchen! No microwaves or dishwashers in those days! After we moved to the States, we travelled home to Ontario for Canadian Thanksgiving but celebrated American Thanksgiving with close friends. As lives changed, my mother hosted Thanksgivings, always including someone she knew would be alone for the day. That tradition continued as it became my turn to host the holidays. The girls brought college friends who couldn't travel to their families. New family members joined us as the girls married & the arrival of grandchildren brought more shared family time. The planning is fun and I will soon begin to fill the refrigerator with anything that can be prepared in advance. On Thanksgiving morning, the turkey is dressed & loaded into the oven, filling the house with enticing aromas. Side dishes are finished & kept warm (thank goodness for microwaves) & desserts line the counters. Suddenly, the house is filled with happy voices as family members arrive. Everyone ends up in the kitchen, lifting lids, testing dishes & asking what they can eat right now! I love to have everyone home. Last year was a different sort of holiday & this year the holidays will still be a bit different. The on-going pandemic affects our ability to travel & to gather. It is a challenge but I am impressed with how everyone finds safe alternatives in order to be together. There is much to be grateful for & I am grateful to share these days with you. The meaning of Thanksgiving is clear & I wish all of you a safe, healthy & happy Thanksgiving!



## Time for 2022 Medicare Plan Review with SHINE

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), it is time to review your options for 2022 during **Medicare Annual Open Enrollment: October 15 through December 7**. Even though you may have the **best** plan this year, SHINE encourages you to review all of your options because premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly each year. Georgetown COA SHINE Counselor Nancy Aberman offers confidential counseling on all aspects of Medicare and related health insurance programs at no cost and may help find cost savings for you. This year, telephone appointments will be scheduled for all health insurance counseling appointments. To schedule a SHINE appointment, please call the Georgetown COA at 978-352-5726. For more information, call **1-800-243-4636 (press 3 for SHINE)** or visit **[www.medicare.gov](http://www.medicare.gov)**.



## Annual Flu Shot Clinic

**Wed. Nov. 3 9:30 – 11:30 a.m.**  
Georgetown Senior Community Ctr.

- **Pre-registration IS** required before **Thurs. Oct. 28**.
- Appointments will be planned during 4 half-hour sessions with 12 people per session.
- **Masks & hand sanitizing will be required.**
- Please bring your health insurance cards to the clinic.
- Please wear a sleeveless or loose fitting short-sleeved shirt.
- The Quadrivalent (4 strain) flu vaccine is provided by the Georgetown Board of Health.
- High dose senior vaccine is not available at this clinic
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

**Holiday Office Hours:** The COA offices and all activities will be closed on Thursdays Nov. 11 (Veterans' Day) & Nov. 25 (Thanksgiving).

**Bingo! Resumes:** Join us on **Mons. Nov. 8 & 22, 12:30 p.m.** Bingo will be played twice a month on Mondays. See calendar for dates. **Cost: \$1 per 10-game package.** Attendance is limited to 14 people. For more information, call 978-352-5726.



**Men's Breakfast:**

**Thurs. November 4 9:30 a.m.**

**Rev. Bill Boylan, local historian** will speak. Attendance is limited to 20 people. To reserve a seat, call the COA at 978-352-5726. Thanks to Crosby's for their support of this program.

**VETERAN'S SERVICES OFFICE HOURS:**

**Wed. Nov. 3 10:30 a.m. – 11:30 a.m.**

**Please note date change for Nov. only.**

Director Karen Tyler will be available to discuss issues and questions. **Due to COVID 19**

**precautions & state/local recommendations, masks are recommended during your visit.**

Please contact the COA if you plan to attend. 978-352-5726

**Constituent Services:** Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tuesday, Nov. 16, 10:30-11:30 a.m.** Call for appointments.

**COA Van Availability:** Local essential shopping is available **by appointment only** on Tuesdays and Thursdays at 9:30 a.m. Along w/grocery shopping, trips to the post office, banks, pharmacies & Walmart can be planned.

Friends of the COA  
Invite you to a  
**Ladies' Breakfast**

Tues. Nov. 30

9:30 a.m.

**Guest Speaker**

**Attorney Elaine Dalton**

Attendance will be limited to 35 people. Masks must be worn in all common areas. To reserve a seat, call the COA at 978-352-5726.



**New Exercise Class w/Leah Miller:**

**Thursdays at 11:15 a.m.** The class is limited to 17 people. A \$3 donation is suggested for each class. To make reservations, call the COA at 978-352-5726. Due to the November holidays, classes will be held on **Thursday Nov. 4 & 18.**

**Quilting Group:** Terry Palardy facilitates the group which meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month from 12 p.m. to 3 p.m. Attendance is limited to 5 people & pre-registration is required. Please call 978-352-5726.

**Mah Jong:** The Group meets on Wednesdays at 12:30 p.m. Beginners are welcome. Call the COA for more information at 978-352-5726.

**Knitting Group:** The Knitting Group has returned. They meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 9:30 a.m. For more information, contact the COA at 978-352-5726.



**Lunch & Learn**

**Fall Prevention Program:**

On **Tues. November 9 at 11 a.m.,**

Doctors of physical therapy Kristen Caggiano & Haley Bogue of Bay State Physical Therapy Ipswich will lead an educational forum about fall prevention strategies & exercises to reduce fall risk/improve balance. Reserve your spot &/or order lunch by calling 978-352-5726.

Lunches must be ordered by Wed. Nov. 4.



**Holiday Light Safety Program**

Sponsored by Georgetown Light Dept.

**Tues. Nov. 16, 11 a.m.**

Georgetown Light Dept. will share tips & information on staying safe this holiday season. Four Market Basket gift certificates will be raffled-off along with Table Talk Apple & Blueberry pies for everyone. Refreshments will be served.

Please call the COA, if you plan to attend.  
(978) 352-5726



**Thursday, Nov. 18, 1 p.m.**



**"Elvis to the Everly Brothers"**

**50s Music Concert w/Roger Tincknell**

Classic rock, Pop and Country

Space is limited to 35 people. Masks must be worn in the common areas of the Center. For more information, call 978-352-5726.

**Stamp Club & Knitting Group date changes**

for November only: Thursdays November 4 & 18

**Friends of the COA meeting:**

**Tues. Nov. 9; 1 p.m.**

## COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** Use **VaxFinder.mass.gov** to search for appointments at pharmacies, health care providers, & other community locations
- **In-Home COVID Vaccine Program:** Any individual who has trouble getting to a vaccine site is now eligible for the In-Home program. Individuals can call (833) 983-0485 to register for an in-home vaccination. The registration phone line is open Monday through Friday, 9 a.m. to 5 p.m.
- **Veterans:** Vaccines for **eligible veterans** can be scheduled through the VA COVID-19 vaccine scheduling lines at **781-687-4000**. Pre-registration is required at: <https://www.va.gov/health-care/covid-19-vaccine/stay-informed>.

### Ongoing Exercise Groups

**Most classes are limited to 17\* people ~ \$3 suggested donation for each class  
Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register**

#### Yoga & Strength Training Classes with Donna Bonin

Yoga meets on Mondays at 9 a.m. and Wednesdays at 10:30 a.m.

Strength Training meets on Mondays at 10:30 a.m.

#### Tai Chi Class with Val LaBelle

Thursdays at 9:30 a.m. \*Class limit: 10. The teacher requests masks be worn during class.

#### Exercise with Leah Miller

Thursdays at 11:15 a.m.

#### Walking Club

Tuesdays & Thursdays, 8:30 a.m.

#### COA Offers Fitness Center Appointments

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise by appointment. Thirty-minute appointments are available each hour. Equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

#### Magic Squares

Each column, row & diagonal add up to 102

Time Fun		42		
	36	21	18	
	24	33		
	39			48

#### S U D O K U

1		2			
6	4	5		3	2
	1	6	4		3
		1			4
5			3	6	

#### R E B U S

Finger

①

potato potato  
potato potato  
potato potato  
potato

②

1. Small Potatoes

2. Finger in the Pie

### Senior Center Recreation Opportunities

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• BOOKS, MAGAZINES, GAMES &amp; PUZZLES, DVDs TO LEND</li> <li>• YARN FOR KNITTING/CROCHETING PROJECTS</li> <li>• LIMITED NUMBER OF CRAFT KITS &amp; CRAFT SUPPLIES</li> </ul> | <ul style="list-style-type: none"> <li>• POOL TABLE</li> <li>• <b>COME BROWSE</b> OR CALL THE COA AT 978-352-5726 TO ARRANGE PICK-UP OR DELIVERY.</li> </ul> |
|---|--|

Return of an Old Favorite!  
**Annual Kiwanis Thanksgiving Dinner**  
**Sat. November 20, 2 p.m.**  
 Penn Brook School



Details to come. COA is registering individuals for home delivered meals. To order home meals or for information updates, call the office at 978-352-5726.



**Coming Mon. Dec. 13, 2:30 p.m.**  
 Delvena Theater presents  
**"A Christmas Carol"**  
 A Performance and Refreshments  
 Georgetown Senior Community Center  
 Seating limited to 35 people.

## **Seeking Referrals!**

Bridge the Digital Divide with ESMV Tablet Program. Elders are provided a free tablet, data package if needed and training to provide digital access and reduce social isolation. Elders 60+ with varying skill sets are eligible. Contact Nāndi Munson, ESMV Comm. Outreach Program Manager at [nmunson@esmv.org](mailto:nmunson@esmv.org) or 978-964-1380.

### **Virtual Grief Support Groups:**

- HopeHealthCo.org/GriefSupportGroups
  - Merrimack Valley Hospice Zoom Groups
- Call 978-552-4510 for information.

### **Family Caregiver Support Programs:**

#### **Caregivers Caring for those with Memory Loss**

1<sup>st</sup> & 3<sup>rd</sup> Tues. of the month, 5:30 p.m.

Contact Cindy Hession-Richard: [chession@esmv.org](mailto:chession@esmv.org)

1<sup>st</sup> Wed. of the month, 11 a.m.-12 p.m.

3<sup>rd</sup> Wed. of the month, 7-8 p.m.

Contact Kathy Parrella: [kperrella@nselder.org](mailto:kperrella@nselder.org)

#### **Savvy (Dementia) Caregiver**

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: [cpolizzotti@esmv.org](mailto:cpolizzotti@esmv.org)

#### **Grandparents Raising Grandchildren**

1<sup>st</sup> Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: [chession@esmv.org](mailto:chession@esmv.org)

#### **General Caregiver Support**

1<sup>st</sup> Thurs. of the month, 1-2 p.m.

in coordination with St. Michael's, North Andover

3<sup>rd</sup> Thurs. of the month, 1-2 p.m.

Contact Lyn Brennan: [lbrennan@esmv.org](mailto:lbrennan@esmv.org)

**Attentions Veterans!** The Global War on Terror Speakers Series presents SSG (Ret) Ryan Pitts, Medal of honor, Afghanistan, Reflection and Christie Coombs, 9-11 Family Member, Reflection on **Saturday, Nov. 6, 5-9 p.m.** at Ipswich high School performing Arts Center/130 High Street/Ipswich, MA. For more information contact [www.eessexvets.com](http://www.eessexvets.com); [ktlyler@eessexvets.com](mailto:ktlyler@eessexvets.com) or 978-356-6699.

## **Heating Assistance Program**

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971. Maximum gross income is **\$40,951** for one-person or **\$53,551** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.



## **Property Tax Incentive Program**

**The Property Tax Incentive Program** will be available to Georgetown residents 60 years & older again this year.

**Application forms & guidelines will be available AFTER December 1 at the Council on Aging.** The program will run January 1-October 31, 2022. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for **35 hours** of volunteer service to the town. **Applications must be returned to the COA office by Thursday December 30, 2021.** For further information, please call the COA office at 978-352-5726.

## **Call for Volunteers**

**Camp Denison**, Georgetown's 44-acre environmental resource dedicated to conservation & passive recreation for public use, is looking for people with **administrative or maintenance skills**.

Services to be provided include:

- recordkeeping,
- communications,
- website management,
- fundraising for the Friends of Camp Den.,
- care/repair of buildings/grounds.

**Contact Chris Roop at 978-352-9841.**

# **Council on Aging Services**

## **TRANSPORTATION/SHOPPING**

The Van is available Tuesdays & Thursdays for door-to-door shopping & errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. A \$2 donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. **Registration is required prior to service.** A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

## **TRANSPORTATION/GENERAL-PURPOSE**

**Ring & Ride** is a free shared van service available to Georgetown residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical & shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. For a brochure, contact the COA.

## **HANDICAP PLACARDS**

The COA has applications for handicap placards available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Grab & Go Lunches**

Served Monday-Thursday, pick-up or delivered. Must be ordered by Wed. of the previous week. 978-352-5726

**COA Marketplace** (Food Pantry) Services by appointment only.

## **FOOD AND HEAT RESOURCES**

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726

## **S.H.I.N.E.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Nancy Aberman. To schedule an appointment, call the COA at 978-352-5726.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment for long- or short-term lending.

## **FILE OF LIFE PROGRAM**

File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

## **HEALTH CARE PROXIES**

COA has fact sheets & Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 8/12/21

Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

**Return Service Requested**

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

Presort Standard  
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**Help us to serve you better**

In order to make our records more complete & to assist in client contact, the COA is asking people to

**Send us your email addresses.** This information is for internal use only and will not be shared.



**Georgetown Council on Aging**  
**51 North Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Open:**  
**Monday – Thursday 8 am – 4 p.m.**

**Georgetown**  
**Senior Community Center**  
**51 North Street**  
**Georgetown, MA 01833**

**Open:**  
**Monday – Thursday 8:30 am – 4 p.m.**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday Nov. 23, 2021**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

**Meal Site Coordinator:** Michelle Muise

**Assistant:** Esther Palardy

**Board Members:**

Sue Clay, Chair

Darcy Norton, Vice-Chair

Jill Benas, Secretary/Clerk

Diane Klibansky, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

**Alternates:** Marie Collins, Martha Lucius

**Town of Georgetown:**

Michael Farrell, Town Administrator

Douglas Dawes, Select Board, Chair

Peter J. Kershaw, Select Board, Clerk

Gary Fowler, Select Board

Amy Smith, Select Board

David Twiss, Select Board

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no Meals on Wheels or lunches served at the Georgetown Senior Community Center.

# NOVEMBER CALENDAR 2021

MEDICARE OPEN ENROLLMENT: OCTOBER 15 – DECEMBER 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> 9:00 Yoga 10:30 Strength Training	<b>2 No Shopping Van– Brown Bag</b> 8:30 Walking Club	<b>3 Annual Flu Shot Clinic Appts.</b> 9:00 Morning Coffee 10:30 Yoga <b>10:30 Vet. Agent Office Hrs.</b> Note date change/Nov. only 12:30 Mah Jong	<b>4 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi <b>9:30 Men's Breakfast</b> <b>9:30 Knitting Club</b> Note date change/Nov. only <b>11:15 New Exercise Class</b> <b>1:00 Stamp Club</b> Note date change/Nov. only
<b>8</b> 9:00 Yoga 10:30 Strength Training <b>12:30 Bingo</b>	<b>9 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee <b>11:00 Learn &amp; Lunch/Fall Prev'n</b> 12:00 Quilting Group	<b>10</b> 10:30 Yoga 12:30 Mah Jong	<b>11</b> <div>COA CLOSED: Veterans' Day</div>
<b>15</b> 9:00 Yoga 10:30 Strength Training	<b>16 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 10:30 Constituent Services <b>11:00 Holiday Light Safety</b>	<b>17 Traveling Chef</b> 10:30 Yoga 12:30 Mah Jong	<b>18 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi <b>9:30 Knitting Club</b> Note date change/Nov. only <b>11:15 New Exercise Class</b> <b>1:00 Stamp Club</b> Note date change/Nov. only <b>1:00 50s Concert/R. Tincknell</b>
<b>22</b> 9:00 Yoga 10:30 Strength Training <b>12:30 Bingo</b>	<b>23 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group 12:45 COA Board Meeting	<b>24</b> 10:30 Yoga 12:30 Mah Jong	<b>25</b> <div>COA CLOSED: Thanksgiving</div>
<b>29</b> 9:00 Yoga 10:30 Strength Training	<b>30 9:30 Van: Riverside</b> 8:30 Walking Club <b>9:30 Ladies' Breakfast</b>	<b>12/1</b> 10:30 Yoga 12:30 Mah Jong	<b>12/2 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi <b>9:30 Men's Breakfast</b> <b>10:30 Vet. Agent Office Hrs.</b> <b>11:15 New Exercise Class</b>
<b>Fitness Center, COA Library, Pool table are available daily by appointment. Grab &amp; Go Lunch by reservation Monday through Thursday. The van is currently limited to 3 riders for each trip.</b>			

## COA Marketplace

COA Marketplace offers a wide variety of soups, canned goods, non-perishable foods & fun snacks. We also offer a variety of non-food products including toiletries, personal care items, paper items & dish/laundry detergent. Some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace gift cards are available upon request. No income restrictions apply. Home deliveries available. **Appointments are required by calling 978-352-5726.**



## Grab & Go Lunches

Due to pandemic restrictions, the COA is working with Elder Services of Merrimack Valley (ESMV) to offer **GRAB-and-GO** take-out lunches. To participate, please call the COA (978-352-5726) the Wednesday before the desired meals. Meals can be picked-up or delivered & there is no charge at this time. **\*Watch for special meal offerings.\***

**ESMV Traveling Chef** The Traveling Chef meal is planned for **Wed. Nov. 17**. Please **RSVP as soon as possible**. The menu will feature Beef Wellington or Beef Burgundy, Roasted Potatoes, Honey Glazed Carrots, Roll, Apple Pie. To reserve a lunch, please call the COA at 978-352-5726.

## November Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
<b>1 Fish/Garlic Ginger Sauce</b>	<b>2 Chicken Scampi</b>	<b>3 Meatloaf/Gravy</b>	<b>4 Chix Cordon Bleu</b>
<b>8 Boneless Chix/Pesto Sauce</b>	<b>9 Turkey A La King</b>	<b>10 Lasagna/Meat Sauce</b>	<b>11 NO Lunch-Veterans Day</b>
<b>15 Swedish Meatballs</b>	<b>16 Yankee Pot Roast/Gravy</b>	<b>17 *TRAVELING CHEF* - see above</b>	<b>18 *SPECIAL* Turkey Dinner</b>
<b>22 Ribecue/ BBQ Sauce</b>	<b>23 Curry Chicken</b>	<b>24 *BIRTHDAY LUNCH*</b>	<b>25 NO Lunch-Thanksgiving</b>
<b>29 Shepherd's Pie</b>	<b>30 Spinach/Cheese Fritata</b>	<b>Salmon/Rosemary Cream Sauce</b>	

**Full lunch menus are available at the Council on Aging office.**

## Ad page filler

### **Identifying Depression, Empowering Activities for Seniors**

**Join us for Learn & Lunch on Tuesday, Dec.14**

**Speaker: Melissa Donegan, LSW, Assistant Director, Healthy Living Center of Excellence**

Healthy IDEAS is an evidence-based program that integrates depression awareness and management into existing case management services provided to older adults. This program addresses depression in older adults often occurring with chronic illness and other losses later in life. Healthy IDEAS is a national program with measurable results and meets HHS/ACL criteria for an Evidence-Based Program for OOA Title III.

#### **Healthy IDEAS Improves Quality of Life by:**

- Screening for symptoms of depression and assessing their severity
- Educating older adults and caregivers about depression
- Linking older adults to primary care and mental health providers
- Empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities.

#### **Benefits For Older Adults:**

- Fewer symptoms of depression
- Decreased physical pain
- Better ability to recognize and self-treat symptoms
- Improved well-being through achievement of personal goals

#### **Contact Information:**

- Healthy Living Center of Excellence at 978-946-1211 or email [hlce@esmv.org](mailto:hlce@esmv.org).
- Website – [healthyliving4me.org](http://healthyliving4me.org) or [healthyideasprograms.org](http://healthyideasprograms.org)